

Front Street **FITNESS**

CITY EMPLOYEE FITNESS CENTER

Frequently Asked Questions

Center Logistics

Q: Where is the center located?

A: Front Street Fitness is located at 102 N. Front St. (downtown). It occupies the north storefront of the employee parking garage, located on the east side of Front St. between Gay St. and Long St.

Q: Is there a fee to use the center?

A: No, employees will not be charged to use the center.

Q. Can I use the center on “work” time?

A: Yes, employees are expected to use the center on their own time.

Q: Is the center use restricted to downtown employees only?

A: No, all employees are permitted to use the facility, regardless of their work location.

Q: Can all city employees use the center?

A: Due to space limitations, employees belonging to some classifications, including contractors and seasonal employees are not permitted to use the facility. All users must be over 18 years of age.

Q: How secure is the building?

A: The fitness center and employee parking garage is under surveillance 24/7. Access to the fitness center is by employee badge only. Employees will not be given access if they have not completed orientation. The fitness area of the center will be equipped with security cameras and a panic button to ensure the safety of users and the equipment.

Hours and Access

Q: How can I be given access to the center?

A: Employees must go through a 15 minute center orientation before badge access is granted. Employees will not be exercising during the orientation. Please contact x3979 or plshick@columbus.gov to schedule your orientation.

Q: What are the center hours?

A: 5:00am-8:00pm Everyday, including holidays and weekends.

Q: Can my family members or friends use the center?

A: No, friends, family members and unauthorized coworkers are not permitted to use the gym at this time due to space restrictions.

Q: Where can I park?

A: There is no parking allowed in the employee garage where the center is located, or the employee garage across the street. Ample meters along Front St., Gay St., Long St. and Marconi Ave. are available before 8:30am and after 4:00pm, and cost approximately 75 cents an hour.

Amenities

The following amenities will NOT be provided at the center:

Food or refreshments, Towels, shampoo and soap, Space to purchase beverages or fitness gear

Q: Can I keep personal items in lockers overnight?

A: Due to space limitations, employees may not leave items in a locker when they are not using the center unless they have been cleared by a member of Healthy Columbus. The requirements to keep person belongings in a locker are 12 or more visits per month over the course of 6 months. Please contact plshick@columbus.gov to inquire a locker.

Q: Are there GroupEx classes offered in the center?

A: Yes, the schedule can be found on the healthy colobus website.

Staffing and Management

Q: Will the center be staffed?

A: The YMCA of Central Ohio will staff the center 40 hours a week, Monday through Friday. The staff is trained and knowledgeable in all aspects of health, wellness and fitness.

Q: What services will the staff provide? Can he or she personally train me?

A: YMCA staff will provide orientation for the center, assess individual fitness levels and provide a tailored exercise plan for employees upon request. He will also provide group training classes and a health fitness coaching program. If personal training is required, an additional fee will be required.

Q: Is it necessary to reserve equipment?

A: No, all equipment is first come, first serve.

Q: Which City Department will oversee the center's operations?

A: The Department of Human Resources and the Healthy Columbus program will manage the center's operation (645-0988).

Q: How often will the center and equipment be cleaned?

A: The Facilities Division staff will be responsible for cleaning floors, emptying trash and the locker/bathroom areas. All users are expected to clean the equipment thoroughly after each use. Fit Wipes will be provided for this purpose.

Please note the Front Street Fitness Center hours, operational policies and equipment supply are subject to change. Every effort will be made to provide information about any changes with as much notice as possible.

Do you have more questions?

If your question hasn't been answered in this document, please send it to plshick@columbus.gov or jthittle@columbus.gov.